

Welcome to St. Louis, MO

Throughout your stay, staff from the Missouri Department of Health and Senior Services and The Prevention Research Center at St. Louis University School of Public Health will be close at hand, ready and eager to answer questions of all kinds and help make your visit enjoyable - just look for the "**Welcome to Missouri**" table.

The St. Louis metropolitan area is more than the Gateway to the West - it's also a gateway to exciting and fun activities during your conference stay. From the city's nationally acclaimed zoo and art museum to St. Louis' great sports teams and award winning restaurants, the "gateway city" is sure to satisfy even the hardest to please. Stop by the "**Welcome to Missouri**" table and see what the city and conference has to offer.

The Missouri 5 A Day Program will feature a **5 A Day** display in the lower level of the hotel that is sponsored by the produce departments of Missouri's Walmart, Inc. stores. The display will showcase fruits and vegetables from around the world. Literature will be available on how to incorporate at least 5 servings of fruits and vegetables a day into the diet. The 5 A Day Challenge will feature apples, oranges and bananas that will be given away daily to individuals taking and completing the Wellness Challenge.



Additional Activities in Town

Les Miserables, the award-winning musical sensation, makes a triumphant return engagement to the Fox Theatre (527 N. Grand) on Wednesday and Thursday evening. Currently in its twelfth year on Broadway, Victor Hugo's epic 19th-century novel about crime, justice, redemption, revolution and romance was adapted for the musical stage by composer Claude Michel Shonberg and librettist-lyricist Alain Boublil. Call 314-534-1111 for tickets.

The St. Louis Blues hockey team will take on the Vancouver Canucks Thursday evening (7 pm) at the Savvis Center in Downtown St. Louis. To order tickets (ranging from \$15 - \$90), call 314-534-1111.

One of the most adventurous and exciting in the business, jazz saxophonist Greg Osby returns to St. Louis. With a dozen successful albums, Osby has a proven track record as one of jazz's finest. Performing Wednesday and Thursday Evening (8:30 pm and 10:15 pm) at Jazz at the Bistro, 3536 Washington, 314-531-1012. Tickets are \$22.

Drawn from the uniquely extensive holdings of The al-Sabah Collection in Kuwait, the St. Louis Art Museum in Forest Park features **Treasury of the World: Jeweled Arts of India in the Age of the Mughals**, presenting more than 300 works of the Mughal period. Admission is \$10 during museum hours (10 am - 5 pm) and free on Friday. For more information, call 314-721-0072.

In recognition of Black History Heritage Month, the Old Courthouse will be reenacting the **Dred Scott Trial** with visitor participation on Wednesday and Thursday both at 10 am and 1 pm. The Courthouse, located across from the St. Louis Arch, will also feature a movie on the Dred Scott case both days at 12 noon. Admission is free. For more information, call 314-655-1700.

Healthy Activities Guide

National Conference on Chronic Disease Prevention and Control



- Things to do at the hotel
- Healthy and fun activities
- Healthy dining options

1. Downtown YMCA

Located 4 blocks from the conference hotel (314 N. Broadway), the YMCA offers a wide range of exercise options from 5:30am - 9pm. Non-members may use the facility for \$5; YMCA members pay nothing with a membership card. For more information, call the YMCA at 314-346-7070.

2. City Walking Tours

Experience the best of St. Louis on foot! Complimentary one-hour historic walking tours of the city will be offered on Tuesday and Wednesday to relax and inform conference participants. Please pre-register at the "Welcome to Missouri" table, as space is limited, and meet the tour guides at the table at noon.

3. Dinner and Shopping

A motorcoach will transport conference participants to the Galleria, a premier St. Louis shopping and dining destination, on Thursday evening. The cost of this activity is approximately \$10 per person. Plan to meet the coach at 6pm on Thursday at the "Welcome to Missouri" table. Space is limited; please pre-register for this trip at the conference registration desk.

4. Exercise Plus

A small hotel exercise room is available for hotel guests. Due to its limited capacity, additional treadmills and elliptical exercise equipment will be available free of charge in the Soulard conference room from 6:30 - 8:30am, 11:30am - 1:30pm, and 4 - 6pm on Tuesday through Thursday, and 6:30 - 8:30 am on Friday. There will also be special classes held in this room. Inquire at the "Welcome to Missouri" table for more information.

Gala Reception at the Gateway Arch
Wednesday Evening, 7pm!

5. Walking Trails

The grounds of the Jefferson Nat'l Expansion Memorial (Arch grounds) have been marked with distances and estimated calories burned. Conference participants are invited to walk these special routes. For more information, inquire at the "Welcome to Missouri" table.

6. Training the Trainer

Two experienced exercise leaders, Ghary and Ronnie Akers, will lead exercise prior to plenary sessions throughout the conference. They will also conduct "train the trainer" exercise on Thursday from 6:30 to 7:30 am in the Chouteau conference room.

7. Ice Skating

A special ice skating trip is scheduled for Tuesday night. Those interested in skating at St. Louis' regionally acclaimed outdoor skating rink (*The Steinberg Ice Rink*) are invited to pre-register at the "Welcome to Missouri" table for this special trip. Buses will depart at 6:30pm from the conference hotel. A nominal admission fee (and skate rental for those without skates) will be charged at the rink. Please remember to dress for the weather.

8. Gold Medal Mile

Conference attendees are cordially invited to participate in a Gold Medal Mile event on Thursday during the lunch hour (11:15am - Noon). Beautiful gold medal pins will be offered to the first 300 participants. Participants may register for the event on-site at the conference registration desk.

9. Gala Reception

Kick back with other conference attendees at a special Gala Reception that will be held from 7 - 10pm on Wednesday evening at the Gateway Arch. For more information on this exciting event, inquire at the "Welcome to Missouri" table.

Gala Reception at the Gateway Arch
Wednesday Evening, 7pm!

TUESDAY WEDNESDAY THURSDAY

6am-8am	8am-10am	10am-12pm	12pm-2pm	2pm-4pm	4pm +
6:30 - 7:30 am Activity #6					6:30 pm Activity #7 6 pm Activity #4 Closes 6 pm Activity #4 Closes 7 pm Activity #9 6 pm Activity #4 Closes 6 pm Activity #3
			12 Noon Activity #2		
		11:15 am Activity #8			
			12 Noon Activity #2		

Use this calendar to write down your own
special reminders!

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Wednesday Evening, 7pm!